

Community Education – Spring 2026



Course Title: Creating Joy

Instructor: Julisa Wright

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Course Details

Wednesdays: May 13 - June 3

6pm - 8pm

Room 212 W - Ridgefield Campus

Course Description

Ready to add a little more delight to your days? This class explores how humor, color, play, and curiosity can help us reconnect with joy, even when life feels heavy. From the science behind laughter to the happiness of polka dots and sparkles, you'll rediscover how to spark a smile everyday.

Learning Outcomes

By the end of the class:

- Insight on why and how laughter heals
 - Tips and tricks for breaking minor worry cycles
 - Build your own emergency humor and play kit
 - Get back in touch with our more playful side
 - Practice letting go of perfection.
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Course Schedule

Wednesdays 6pm - 8pm from May 13th to June 3rd

Week One: Exploring different avenues that lead to play

Week Two: Get outside and out of our heads

Week Three: Laughter and the psychology of humor

Resources

Recommended references for further study:

Class Evaluation

- Class evaluations are sent by email.
 - If you don't see it right away, check your **junk/spam folder**.
 - Evaluations are **anonymous** and come directly from Clark College.
 - If you don't receive one, contact:
 - Email: continuingeducation@clark.edu
 - Phone: 360-992-2939
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Inclement Weather

- If the college closes due to weather, updates will appear at www.clark.edu
 - Community Education may also cancel classes independently if travel is unsafe.
 - If canceled, you will be notified by both phone and email.
 - Please check that your contact information is correct on the class roster.
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More Classes

Looking for more Community Education courses? Visit: www.clark.edu/cce/